1: Gillin E-5 (1932-33)1936 SR9 Carib SR9

block of wood which preserves their shape. The block is made of konta wood, and before the introduction of tin was studded with small points of quartz and used as a grater itself. In grating the woman sits on the ground with her legs folded under her and places the grater inside the concave surface of a semicylindrical trough made of one piece of bark. The grater leans against the side of the trough next to the operator with its long axis perpendicular to the long axis of the trough. The ends of the cylindrical roots of cassava are assiduously rubbed against the grater until the whole root is reduced to a white mash in the trough (Plate 6 *b*). When the grating is completed the matapi or cassava squeezer is taken down from the cross beam of the house on which it has been hanging (Plate 9, *a*). This ingenious device, which has been described numerous times by travelers in the Guianas and the Amazon country, is a tube of basketry woven by the men. When the tube is full it is suspended by a loop at its upper end from the end of a beam, while through the loop at the tube's inferior end a long pole is inserted. The end of the pole is caught under a cross beam tied for the purpose at the proper height to one of the uprights of the house. A long length of the pole protrudes through the loop on the opposite side and on this end the woman sits, so that the pole becomes a lever, actuated by the weight of the woman, for elongating the matapi. The leverage thus exerted elongates the tube, reducing its diameter and exerting on the contents a strong pressure which squeezes out the juice of the cassava mash. The juice (eshúru) drips into a pot placed below the inferior end of the matapi and is later boiled to make cashidípyo (Creole, cassarip), used for flavoring the Carib national dish, "pepper pot." The poisonous principle in the cassava juice, hydrocyanic acid, is freed by boiling.

The squeezing of the cassava mash usually occupies several hours. After the juice has been completely expressed the mash, now in the shape of a long cylindrical cake, is removed from the matapi and placed on the cross beams of the house, above the fire, to be smoked. It is believed that unsmoked cassava is harsh and causes one to choke in eating it. As cassava bread is made from day to day, the required amount of the cylindrical cake is broken off and pulverized into meal and sifted through a basketry sifter into a basketry tray (Plate 8, *a*).

1: Gillin E-5 (1932-33)1936 SR9 Carib SR9

252 and pounded in a wooden mortar with a wooden pestle to make
243 corn meal (awashi apopo). This meal may be mixed with cane juice and baked into a cake on the pan or it may be boiled and eaten hot like porridge.

245 Limes (idiyoma) are grown in the fields. The seeds are scat-
[272] tered on the ground and seedlings replanted. Lime juice is mixed with water to make a sort of limeade. Bina plants (see section on Religion) are also grown in the fields.

The papaiya (*Carica papaya*) is grown in fields and also in house
[757] clearings. The fruit is eaten raw when ripe. In the green state the rind is boiled and considered a good regulator for stomachic troubles. The leaves are sometimes dried and rolled into cigarettes,
249 alone or with tobacco leaves. Tobacco plants are grown from seedlings in the agricultural fields. (See section on Stimulants.)

In addition to the foregoing food products, the kraua grass plant is grown in the fields. The leaves of this plant resemble those of the pineapple and, as stated heretofore, are shredded so that the fibre may be used in making cord and string. It is planted from suckers in the same way as the pineapple.

244 Under the head of agriculture must be considered three other
263 species of plants which are grown, not in the agricultural fields proper, but in the clearing which surrounds the house. The pepper (pawmi)[1] is an important part of the Carib menu and together with cassarip furnishes the only condiment, with the exception of occasional trade salt, which is used by the natives. Five varieties
[824] of pepper are cultivated: poroporo, big, round, red, very hot; kawnamu, small, green; sidimya, very small and red; yanakatu, long, thin, and green; arapo, long, green (creole, lady finger). They are planted from seeds in holes made with a stick. They are cooked with meat and vegetables in the pepper pot, and are also eaten raw as garnishing in sandwiches of meat or fish and cassava
[757] bread. As a remedy for headache a feather is rubbed in the pulp of a pepper and drawn across the eyes. Pepper juice is dropped in
276 the eyes for headaches. Aremi emu (magicians) drink a mixture of pepper juice and water to induce the psychic state necessary for communication with the supernatural powers.

244 The calabash bushes are a familiar shrub in all house clearings
824 (kwa'i, calabash; kwa'yepwi, calabash bush). Four types of

[1] *Capsicum* sp.

1: Gillin E-5 (1932-33)1936 SR9 Carib SR9

The "cabbages," or fresh shoots, of several palms [1]
Akoyuru seed (*Astrocaryum tucuma*).
Arrow root (*Maranta indica, Miramosissima*).

Such salt as is eaten nowadays is obtained in trade. Some of the older people, however, remember seeing leaves of certain trees burned and the ashes mixed with food as a condiment.

Cooking. The women of the household cook all food which is eaten at home, although men are able to prepare their own meals when unavoidably detained in the bush. The desire to have the women do the cooking, as well as the other pleasures of connubiality, accounts for the fact that a man going on a long journey will always attempt to have his wife accompany him.

Uncooked meat may be preserved by salting and by smoking over the fire.

Certain foods may be roasted in the ashes, others roasted on the end of a green stick, others baked on the pan, but the most universal way of preparing vegetables and meat is to make them into "pepper pot." In every Carib house a pot will be seen on the fire stones at almost any time of day. Meat and vegetables are cut into small pieces and put into the pot with water and a suitable amount of cashidipyo and set to boil. The cashidipyo lends a slightly acrid or peppery taste to the mess, somewhat like the flavor imparted by Worcestershire sauce.

No set times are observed for meals, although food is quite regularly taken upon arising and in the evening. Men and boys eat their fill from the pot alone, after which the females are allowed to stay their hunger with the remainder. One usually squats over the pot with a cake of cassava and a pot of peppers near by. One reaches into the pot with the bare hands and extracts a piece of meat or a vegetable which may be popped into the mouth or may be laid on a piece of cassava bread, which is bent over to make a sandwich. According to the dictates of personal taste a pepper may be included in the sandwich. If one desires the gravy in the bottom of the pot, one soaks a piece of cassava bread in it. When the pot is emptied more ingredients are added without cleaning out the pot. In this way there is always a supply of cooked food on hand, and the constant simmering keeps it from spoiling.

[1] ?*Oreodoxa, Areca oleracea, Euterpe* [illegible]. See Schomburgk, 1922–23, *Travels in British Guiana*, Vol. I, p. 33.